




# February

## City of Seat Pleasant Newsletter




Please join Councilmember Higgs  
for the Ward I Virtual Meeting

**Wednesday, March 2, 2022**

6:00 pm - 7:00 pm

To join the zoom meeting enter the Meeting ID  
and Passcode below:

**Meeting ID: 878 8342 7625**  
**Passcode: 612913**  
**Dial in:**  
**+13017158592**



Please join Councilmember Sistrunk as she  
hosts her first Ward V Meeting of 2022

**When: Monday, February 14, 2022**  
**Time: 10:00am-12:00pm**

To join the zoom meeting, enter meeting  
id and passcode below:

**Meeting ID: 898 7533 8203**  
**Passcode: 483492**  
**Dial in: 301 715 8592**

If you are dialing in, please enter the  
meeting id and passcode above

**If you have any questions, please  
contact Diamond Plater, Staff Assistant  
at 240-419-9973**

### FREE COVID TEST KITS

Use the link below to order your  
home Covid test kits. One order per  
household.

<https://www.covidtests.gov>

<https://special.usps.com>

COVID TEST KITS

Now you can order free rapid COVID-19 test kits through the government at

the following website [www.covidtests.gov](https://www.covidtests.gov)

A total of four test kits can be ordered per household.

Feel free to share this information with your family members, relatives and  
friends



**Faith Temple No. 2**  
**Free Will Baptist Church**  
**211 Maryland Park Drive**  
**Capitol Heights, MD 20747**

**Food Pantry**  
**Every Tuesday 11:00 AM - 1:00 PM**

[www.faithtemple2.com](http://www.faithtemple2.com) Church Office: (301) 350-1035



### ARE YOU A SEAT PLEASANT RESIDENT AND NEED RENTAL, MORTGAGE, EVICION OR UTILITY ASSISTANCE?!



Through the American Rescue Plan Act, Seat Pleasant was awarded funds to assist residents that have been impacted by the COVID-19 pandemic. If you are in need of financial assistance to help pay for your rent, mortgage, eviction or utility payments, please email us at [SP-ARP@SEATPLEASANTMD.GOV](mailto:SP-ARP@SEATPLEASANTMD.GOV) to see if you qualify for this great opportunity. Please include your name, phone number and address in your email.

City Council Monthly Meeting & Legislation Action  
Office of the City Clerk

January 2022

**Legislation:**

- The City Council did not propose or approve any Legislation for the month of January.

**Meeting Minutes:**

The City Council approved the December 2021 Meeting Minutes on Monday, January 10, 2022:

- **Special Session Meeting Minutes for Wednesday, December 1, 2021, Approved 5-0-0**
- **Closed Session Meeting Minutes for Wednesday, December 1, 2021, Approved 5-0-0**
- **Regular Work Session Meeting Minutes for Monday, December 6, 2021, Approved 5-0-0**
- **Special Session Meeting Minutes for Tuesday, December 7, 2021, Approved 5-0-0**
- **Public Session Meeting Minutes for Monday, December 13, 2021, Approved 5-0-0**
- **Special Session Meeting Minutes for Wednesday, December 22, 2021, Approved 5-0-0**
- **Closed Session Meeting Minutes for Wednesday, December 22, 2021, Approved 5-0-0**

The Council meetings for February will be as follows:

Regular Work Session, Monday, February 7, 2022, at 6:00p.m. via Zoom Webinar:

[https://us02web.zoom.us/webinar/register/WN\\_3FzzI9eOSka1WpjsophghQ](https://us02web.zoom.us/webinar/register/WN_3FzzI9eOSka1WpjsophghQ)

Public Session, Monday, February 14, 2022, at 7:00p.m. via Zoom Webinar:

[https://us02web.zoom.us/webinar/register/WN\\_s33dm-HhSBeG3G-hA6kC-Q](https://us02web.zoom.us/webinar/register/WN_s33dm-HhSBeG3G-hA6kC-Q)

All meetings are open to the public with comments being taken in the Public Session. During the COVID-19 the City Council meetings will be held via Zoom with citizens being provided access to join the meeting from the city's website. All citizens are required to register for the Zoom meetings.

Copies of legislation and approved meeting minutes can be found on the City's website [www.seatpleasantmd.gov](http://www.seatpleasantmd.gov) or by contacting the City Clerk Dashaun N. Lanham, CMC directly on 301-336-2600.

**CITY OF SEAT PLEASANT  
BOARDS AND COMMISSION**

The City of Seat Pleasant City Council is seeking energetic residents that have a desire to serve their community on the following Boards and Commission. The interested parties shall contact the City Clerk and **complete the application by Monday, February 28, 2022**

**Ethics Commission and Personnel Appeals Board**

The City of Seat Pleasant Ethics Commission and Personnel Appeals Board consists of five members each who will be appointed by the Seat Pleasant City Council.

Please contact the **office of the City Clerk** by e-mail at [dlanham@seatpleasantmd.gov](mailto:dlanham@seatpleasantmd.gov) to obtain an application.

## SEAT PLEASANT VOTER REGISTRATION UPDATE

The Board of Supervisors of Election would like to update the Voter Registration List for the City of Seat Pleasant. The Board is requesting that ALL residents of the city assist them in this process by taking the following steps:

1. If you have a family member that is DECEASED, please send a letter to the Board of Election informing them of this information. You will need to identify yourself in the letter. The letter should state the name of the person that is deceased that maybe listed as an active voter.
2. If you reside in a property and you continue to receive mail for the previous resident, please return the mail to the post office. Addressed as the "WRONG ADDRESS"
3. If a person has relocated permanently, please encourage them to update their Voter Registration.
4. If you noticed NEW residents, please send them to City Hall to complete a Voter Registration Card to change their Voter information.

Please mail your letter to:

**Prince George's County Board of Election  
1100 Mercantile Ln  
Suite 115A  
Largo, MD 20774**

**If you would like to verify if your family members are still listed on the City's Voter Registration list, please feel free to contact the City Clerk for verification purposes.**

### CITY OF SEAT PLEASANT NOTICE TO FILL VACANCY-MAYOR



**In accordance with the City of Seat Pleasant City Charter:**

#### **§ C-401 Qualifications of Mayor**

The mayor must have resided in Seat Pleasant for at least one year immediately preceding his election and shall have been a qualified registered voter of the City for one year. The mayor shall maintain a permanent residence in the city during the term of office. The minimum age for the mayor shall be eighteen years of age.

The City of Seat Pleasant has a vacancy for the Office of the Mayor. Any resident that meets the above criteria and desires to be a candidate for the mayor position shall submit their letter of interest, resume and registered voter petitions, which shall include the names and signatures of at least 20 registered voters in the City of Seat Pleasant **to the Office of the City Clerk by 5:00p.m., Tuesday March 15, 2022. There will be NO EXCEPTIONS!**

You may submit your letter of interest, resume, and petition electronically to [dlanham@seatpleasantmd.gov](mailto:dlanham@seatpleasantmd.gov) or in person at **Seat Pleasant City Hall:**

**6301 Addison Rd.  
Seat Pleasant, MD 20743**

**Any qualified resident of the City of Seat Pleasant who desires to be a candidate for Mayor must submit their resume, letter of interest, and Candidate Nomination Petition by Tuesday, March 15, 2022, before 5:00p.m.**





**We have  
the tools  
to slow the  
spread of  
COVID-19.**



**HEALTH  
DEPARTMENT**  
Prince George's County



### **CONTINUE TO FIGHT COVID-19!**

- Get vaccinated
- Get boosted when eligible
- Mask up indoors in public and outdoors if social distancing is not possible
- Get tested before gatherings

**Urge family, friends, and co-workers  
to continue to take these actions.**



**For more information,  
please scan the QR code.**

**Black History Month** is an annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the United States and Canada, and more recently has been observed in Ireland, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora. It is celebrated in February in the United States and Canada, while in Ireland, and the United Kingdom it is observed in October.

**Would you like to participate in a Black History Month inspired exhibit featuring various artists?**

The Zenith Gallery located at **1429 Iris Street Northwest, Washington, DC 20012** from **February 4 – February 26, 2022**, from **12:00 PM – 6:00 PM (Or by appointment)**. February features the “The Colors and Forms of History” exhibit, featuring works by Doba Afolabi, Sheryll Cashin, Bernie Houston, and Chris Malone. (Masks are required to attend).



**As we gear up for winter weather we would like remind everyone how to enjoy the best part of winter safely.**

**ARTICLE III  
Snow Removal**

**§ 137-33. Duty of property owner and occupant.**

It shall be the duty of the owner and occupant, jointly, of every parcel of real estate adjoining a public sidewalk to keep such sidewalk adjoining such property free from snow and ice and for the full paved width of such sidewalk.

**§ 137-34. Time limit for removal.**

Snow and ice shall be removed within 24 hours after the end of snowfall. Sidewalks in front of commercial establishments and commercial parking lots shall be kept free of snow and ice at all times between the hours of 9:00 a.m. and 5:00 p.m.

**§ 137-35. Severe icing.**

In case snow and ice on any sidewalk shall be frozen so hard that it cannot be removed without injury to the sidewalk, it shall, within the time specified in § 137-34, be strewn and kept strewn with ashes, sand, sawdust or other suitable material so as to be no longer dangerous to life and limb. As soon as practicable thereafter, the sidewalk shall be completely cleared of snow, ice and other material strewn thereon as provided in this subsection

**February 2022 Newsletter**

**Stay Engaged & Download  
The My Seat Pleasant App**



**SEAT PLEASANT POLICE DEPARTMENT**

**SAFETY TIPS**

**Make Life Harder for Criminals!**



**Car Safety:**

- Always lock car doors after entering or leaving your car.
- Park in well-lighted areas.
- Have your keys in your hand so you don't have to linger before entering your car.

**Office Security:**

- Don't leave cash or valuables at the office
- If you work alone or before/after normal business hours, keep the office door locked.
- If you work late, try to find another worker or a security guard to walk out with you.
- If you are in the elevator with another person, stand near the control panel. If you are attacked, press the alarm and as many of the controls buttons as possible.
- Be alert for pickpockets on crowded elevators.

**Be Prepared:**

- Always be alert and aware of the people around you
- Educate yourself concerning prevention tactics.
- Be aware of locations and situations which would make you vulnerable to crime, such as alleys and dark parking lots.

**Additional Tips:**

Everyone should consider it his/her responsibility to report crime. When you spent all the facts about a crime, it helps the police assign officers in the place where crime are occurring or where they are most likely to occur. At least one out of two crimes in the United States goes unreported. If you don't report crime, this allows the criminal to continue to operate without interference.



## February is National Heart Health Month!

Join us as we celebrate National Heart Health Month and learn about how we can live heart healthy together! Throughout February enjoy a variety of FREE virtual healthy cooking demonstrations and fitness opportunities all over Prince George's County.

Wednesday, February 2, 6-7 pm

### Beans For Your Heart: Hearty Chili and Chips & Three Bean Salad Cooking Demonstration

Discover ways to add more fiber in your diet and reduce cholesterol levels with these hearty bean recipes in this interactive virtual cooking demonstration. Registration required. All ages welcome. FREE

**Ticket Code:** YCSD-SPEC-GA-20220202

Saturdays, February 5, 12, 19 & 26, 9-10 am

### Boot Camp

Join us for a workout that strengthens your muscles and improves your heart health! Class includes a combination of bodyweight, strength, and cardio exercises to provide a challenging and rewarding workout experience. Level: Intermediate. Registration required. Ages 13 & up. FREE

Tucker Road Athletic Complex (located in parking lot)

1770 Tucker Road

Fort Washington 20744

**Activity Code:** 17673-179 F, G, H, & I

Saturdays, February 5 & 19, 1-3 pm

### I Heart Skate\*

Grab your skates and join us on the ice for some physical activity that is sure to warm your heart! Wear red to receive one FREE open skate session general admission and skate rental. All ages welcome. **No registration required.**

Herbert Wells Ice Rink

5211 Campus Drive

College Park 20740

Saturdays, February 12 & 26, 1-3 pm

### I Heart Skate\*

Grab your skates and join us on the ice for some physical activity that is sure to warm your heart! Wear red to receive one FREE open skate session general admission and skate rental. All ages welcome.

**No registration required.**

Tucker Road Ice Rink

1770 Tucker Road

Fort Washington 20744

Wednesday, February 16, 6-7 pm

### Healthy Seafood Feast: Pan Seared Tuna & Sautéed Cabbage Cooking Demonstration

Explore the fun in making a healthy seafood recipe that is sure to help reduce cholesterol and give you the healthy fats your body needs in this interactive virtual cooking demonstration. Registration required. All ages welcome. FREE

**Ticket Code:** YCSD-SPEC-GA-20220216

Saturdays, February 19 & 26, 12 noon-2 pm

### Swing Fore! Your Heart\*

Grab your clubs and your best swing and join us on the green for some physical activity that is sure to get your heart pumping! Wear red to receive one FREE small bucket of balls. All ages welcome.

**No registration required.**

Paint Branch Golf Course

4690 University Boulevard

College Park 20740

Saturday, February 26, 5-6 pm

### Hoops for Hearts: Basketball Skills Challenge (Indoor basketball courts)

The court is in session! Come out and enjoy this action-packed experience. Hit the court to dribble through cones, make free throws, jump shots, and score as many points as you can within 60-seconds. Revive your love for the sport in a safe and exciting environment. Enroll now to build endurance, maintain wellness, and to 'keep balling'! Registration Required. Ages 6-14. FREE

South Bowie Community Center

1717 Pittsfield Lane

Bowie 20716

**Ticket Code:** YCSD-SPEC-GA-20220226

## Did You Know...

- Cardiovascular disease is the leading global cause of death, and accounted for approximately 18.6 million deaths in 2019.
- Heart disease remains the #1 cause of death in the United States, according to 2018 data.
- In 2018, 25.4% of adults did not engage in leisure-time physical activity, increasing the potential risk of experiencing negative heart-related health outcomes.

For more information on how to establish and maintain heart-healthy habits, visit <https://www.heart.org/en/healthy-living>.

Source: American Heart Association, 2021

\*Promotion subject to designated time restrictions. Children under 13 must be accompanied by a parent or guardian.

HEALTHY HAPPENINGS

**Parks & Recreation**  
M-N-C-P-P-C  
live more, play more

YOUR  
**Path TO**  
Wellness  
pgparks.com

For more information about programs & events please visit [wellness.pgprarks.com](https://wellness.pgprarks.com) or contact us at [wellness@pgprarks.com](mailto:wellness@pgprarks.com)

## BULK TRASH COLLECTION

BULK TRASH IS COLLECTED ON WEDNESDAYS BY APPOINTMENT ONLY.

Acceptable bulk trash includes, but not limited to:

- Plastic-covered mattresses
- Sofas
- Chairs
- Tables
- Cabinets, etc.
- Appliances
- Lawn furniture
- Barbecue grills (do not include propane tanks)
- Toys
- Lawnmowers, and other power equipment (oil and gas must be drained)
- Rolled up carpet & padding

**UNACCEPTABLE ITEMS INCLUDE, BUT NOT LIMITED TO: CONSTRUCTION MATERIALS, CAR PARTS, LOGS & TIRES.**

## WASTE MANAGEMENT SERVICES



**(Times are approximate\*)**  
**Use the website to make BULK TRASH REQUESTS**

**Monday**

**Trash Collection**  
**6:00AM - 4:00PM**

**Tuesday**

**Curbside Recycling**  
**6:00AM - 4:00PM**

**Wednesday**

**Yard Waste**  
**Bulk Trash (By Appointment Only)**  
**6:00AM - 3:00PM**

**Thursday**

**Trash Collection**  
**6:00AM - 4:00PM**

**[WWW.SEATPLEASANTMD.GOV](http://WWW.SEATPLEASANTMD.GOV)**

**City Hall: (301) 336-2600**

## WASTE MANAGEMENT REMINDER

When Waste Management Services land on a holiday or the city has succumbed to inclement weather, services will be provided the next scheduled day for service.

For example: Thanksgiving landed on a Thursday this year, Trash Collection was not picked up on Thursday, but instead was picked up the following scheduled day of service, Monday.

## YARD WASTE COLLECTION

Yard Waste collection (small tree limbs, grass clippings, and leaves) is on Wednesdays. No appointment needed, just place yard waste on the curb. It is a county regulation that leaves and yard waste be placed in brown paper bags, or in non-City issued empty trash receptacles and twigs can be bound together. **Yard Waste placed in plastic bags are not allowed at the County landfill.** Bags can be found in most home improvement stores and are commonly labeled as "yard and leaf bags."

## INSPIRATIONAL QUOTE

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." -Martin Luther King Jr.

## REMINDER: CAMERA CITATION INFORMATION

After a red-light camera photograph is taken, the vehicle's registered owner will receive a citation in the mail. The citation will state when and where the violation occurred. It will include a photo of the vehicle in the intersection, a close-up of the driver, and the vehicle's license plate.

### Citation Payment Center

9418 Annapolis Road  
Suite 104  
Lanham, Maryland

### Hours of Operation

Monday – Friday 8:30 AM – 4:00 PM  
Closed during lunch hour:  
1:00 PM – 2:00 PM

### Customer Service & Phone Payments

(866) 979-4824

### Online Citation Payment

[www.onlinecitationpayment.com](http://www.onlinecitationpayment.com)





The City of Seat Pleasant  
*A Smart City of Excellence*

6301 Addison Road,  
Seat Pleasant, MD 20743

Phone: (301) 336-2600

Open weekdays 9:00 am to 5:00 pm

Email: [Engage@seatpleasantmd.gov](mailto:Engage@seatpleasantmd.gov)

## GET TO KNOW YOUR MAYOR & CITY COUNCIL

1. Acting Mayor Shireka McCarthy  
**Phone:** (240) 713-4852 **Email:** [SMcCarthy@seatpleasantmd.gov](mailto:SMcCarthy@seatpleasantmd.gov)
2. Councilmember Kelly Porter - At – Large  
**Phone:** (301) 655-1725 **Email:** [KPorter@seatpleasantmd.gov](mailto:KPorter@seatpleasantmd.gov)
3. Councilmember Monica Higgs – Ward I  
**Phone:** (240) 614-3415 **Email:** [MHiggs@seatpleasantmd.gov](mailto:MHiggs@seatpleasantmd.gov)
4. Councilmember Hope Love – Ward II  
**Phone:** (240) 627-2498 **Email:** [HLove@seatpleasantmd.gov](mailto:HLove@seatpleasantmd.gov)
5. Councilmember Kizzie Scott – Ward III  
**Phone:** (240) 614-3437 **Email:** [KScott@seatpleasantmd.gov](mailto:KScott@seatpleasantmd.gov)
6. Councilmember Gerald Raynor – Ward IV  
**Phone:** (240) 672-2294 **Email:** [GRaynor@seatpleasantmd.gov](mailto:GRaynor@seatpleasantmd.gov)
7. Councilmember Gloria Sistrunk – Ward V  
**Phone:** (240) 713-4839 **Email:** [GSistrunk@seatpleasantmd.gov](mailto:GSistrunk@seatpleasantmd.gov)

### SEAT PLEASANT TRIVIA QUESTIONS

Greeting's residents! We'd like to test your knowledge about Seat Pleasant! Do you know:

1. What was the previous name for Martin Luther King Jr. Highway?
2. Who was the first Mayor of Seat Pleasant?
3. When are City Council meetings held?
4. How many state highways pass through Seat Pleasant?

**NEED TO KNOW WHICH WARD YOU LIVE IN? CALL CITY HALL TO FIND OUT, (301) 336-2600.**